

1 Claims

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3 1. An article of footwear comprising of an upper
4 portion and a sole portion, the sole portion being
5 connectable to the upper portion and including a
6 pocket for receipt of a microwaveable heating pad,
7 wherein the article is adapted for removal and
8 insertion of the microwaveable heating pad.

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10 2. An article of footwear as claimed in Claim 1 in
11 which the upper portion and the sole portion are
12 detachable along at least a portion of a
13 circumference of the article to allow access to the
14 pocket for insertion and removable of the
15 microwaveable heating pad.

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17 3. An article of footwear as claimed in Claim 2 in
18 which the upper portion and the sole portion are
19 connected by means of a detachable fastener such as
20 a zip.

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22 4. An article of footwear as claimed in any
23 preceding Claim in which the pocket is dimensioned
24 for receipt of an insole-sized microwaveable heating
25 pad.

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27 5. An article of footwear as claimed in any
28 preceding

1 Claim in which the upper portion is adapted to at
2 least partially enclose a user's foot, and includes
3 a base upon which, in use, a user's foot rests.

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5 6. An article of footwear as claimed in any
6 preceding Claim including a solid, microwaveable,
7 heating pad which is dimensioned to fit into the
8 pocket.

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10 7. An article of footwear as claimed in Claim 6 in
11 which the heating pad comprises a mixture of ferrite
12 and silicone, optionally in a ration of 2:1 (W/W)

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14 8. An article of footwear as claimed in any
15 preceding Claim in which the sole portion includes
16 an insulating layer located underneath the pocket.

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18 9. An article of footwear comprising:
19 -an upper portion dimensioned to at least partially
20 enclose a user's foot;
21 -a sole portion connectable with the upper portion;
22 and
23 a solid, microwaveable, insole-shaped heating pad,
24 wherein the sole portion includes a pocket which is
25 dimensioned for receipt of the heating pad, and
26 wherein the article is adapted for removal and
27 insertion of the heating pad.

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29 10. A method of heating a foot comprising the steps
30 of:

31 -providing an article of footwear according to any
32 of Claims 6 to 8;

- 1 -removing a heating pad from the pocket of the
- 2 article of footwear;
- 3 -heating the heating pad in a microwave for a
- 4 suitable amount of time;
- 5 -inserting the thus-heated heating pad into the
- 6 pocket of the article of footwear; and
- 7 -inserting the foot to be heated into the article of
- 8 footwear.